Lets do this coaching llc.  
 info@letsdothiscoaching ~ 219.670.9829

Individual Coaching/ Counseling Info/Financial Policy & Consent

**Client name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Who Referred you:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What are your goals for healing:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
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**Coaching & Therapeutic Approach**: During the healing process, you and Amanda are active participants. Amanda assists you in identifying problem areas, treatment goals, and in evaluating alternative solutions. Amanda will attempt to assist you in resolving your presenting problems and identifying ways to prevent the reoccurring patterns of behaviors to increase overall functioning. The primary therapeutic approach Amanda will be using is Cognitive Behavioral Approach and Strengths Perspective.   
All sessions are virtual. Please indicate on the intake your platform preference. They include: FaceTime/Zoom/Duo.

**Alternative Treatment:** Possible alternative treatment recommendations to the healing process include, but are not limited to, Ketamine-assisted Psychotherapy, medication, residential treatment, inpatient and/or partial hospitalization, private behavioral treatment, and psycho-education. This will be discussed during the therapeutic process and will be collaborative.

**Expected benefits**: The healing process is one that requires consistent involvement from the client. There are no guarantees with progress, but most clients find they get out what they put into it. The HEALING PROCESS TAKES TIME. Be patient.

**Expected duration**: The duration of services is based on treatment goals, your motivation and willingness to make changes. The client and Amanda will discuss throughout the process.

**Risks:** Sometimes it is difficult to discuss certain issues or problems. You may need to struggle and work through painful issues in order to healing properly. Amanda is there to guide and support you through your healing journey.

**Fees:** Some services offered require a deposit. This will be discussed between you and Amanda at time of booking. Fees are determined by Amanda and are subject to change; however, a 30-day notice will be provided. If payment for services is NOT paid in full the day service is rendered, you will be subject to late fees. Two cancelled sessions without notice will result in suspension from future bookings.   
  
Payment methods: All major credit cards are accepted.

Venmo: @AmandaBKontor, Zelle: Amanda Kontor, PayPal: @AmandaBKontor

-10% cash & military discount-

**Additional Fees**: All communication with medical, mental health professionals, attorneys and/or court hearings will be billed at $250.00 hr; billed in 15 minutes increments. A retainer can be submitted prior to the start of services. The unused remainder of the retainer will be applied to future services with Amanda. There are no refunds.

I have read and understand the above information regarding the nature of coaching/counseling services rendered by Dr. Amanda B. Kontor.

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Client Consent Date



Purpose ~ Passion ~ Intention